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Left: The city's new 4,500-square-foot K-9 Unit housing facility held its grand opening on Friday, featuring 11 of the Belgian Malinois puppies that were born this spring. Right: Maxie Macklin's cat Chewy was the only feline brave enough to take on the dogs at the Humane Society's annual Paws in Motion fundraiser on Sunday. Chewy let Kristen McCowan's dog Kirby know what was on his mind. BERNICE PONTANILLA, SHANE GIBSON/METRO

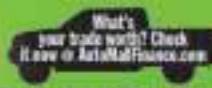
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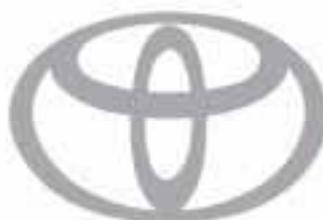
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West Kildonan

Winnipeg man charged after gunplay

A man is facing charges after shots were fired in West Kildonan early Sunday.

Police were called to a residence in the 400 block of Armstrong Avenue around 1:20 a.m. where the occupant of the home had allegedly taken a shot at two men during a fight.

No one was injured.

A man is facing several firearm-related offences and police continue to investigate.

METRO

Police looking for info

Man robbed at knifepoint on Hargrave Street: Cops

Police are looking for a suspect after a man was robbed at knifepoint while trying to buy a cellphone.

The 30-year-old male met another man in the 100 block of Hargrave Street around 9:40 p.m. but instead of making a deal the second man pulled out a knife and demanded cash, police said.

The first man tried to run but was robbed of an undisclosed amount of money, police said, adding he walked away with non-life-threatening injuries.

Anyone with information should call investigators at 204-986-2848 or Winnipeg Crime Stoppers at 204-786-TIPS. METRO

Chinatown district. Peace Tower apartment building officially opens

A new 48-unit apartment building just a stone's throw from Winnipeg's Chinatown was officially opened on Friday, in a ceremony that included a gift from China's consul general in Toronto.

The \$15-million Peace Tower, which is located on Princess Street at Logan Avenue, consists of six one-bedroom, 30 two-bedroom and 12 three-bedroom units, as well as a multi-purpose

space and outdoor courtyard.

Lt.-Gov. Philip Lee said it was a "wonderful day" in the continued rejuvenation of the city's Chinatown district as well as the core area.

Fang Li, consul general of China in Toronto, brought a painting as a gift and said the official opening of Peace Tower is another landmark for Winnipeg's Chinese community.

BERNICE PONTANILLA/METRO

University of Manitoba. Residential-schools archive coming soon

The University of Manitoba is set to become "Canada's national memory" of the country's residential schools and the experience of those who spent their childhood institutionalized there.

The university will house the national research centre for residential schools as part of the Truth and Reconciliation Commission. A signing ceremony between the university

and commission establishing the archive took place Friday morning.

The archive will hold millions of documents collected by the commission, including thousands of stories from residential-school survivors.

Commission chairman Murray Sinclair said the research centre is an important part of the commission's legacy.

THE CANADIAN PRESS

Texting crackdown

OMG 2 PTS: Manitoba drivers caught texting behind the wheel now not only face a fine, but two demerit points



BERNICE PONTANILLA

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Tracking impact

Both Justice Minister Andrew Swan and Sgt. Rob Riffel said they'll be watching to see if the demerit points have an effect, and aren't ruling out increasing the number of demerits if there is little to no change in driver behaviour.

- According to MPI, about 160 road deaths in Manitoba have been linked to distracted driving since 2005, an average of about 20 per year.

more than 10,000 tickets since the no-cellphone-while-driving law came into effect in 2010 and statistics show a texting driver is 23 times more likely to become involved in a collision than a non-texting driver.

Sgt. Rob Riffel, commander of the police's central traffic unit, said fines alone have not achieved the goal of



Sgt. Rob Riffel, right, with Justice Minister Andrew Swan, said police officers are frustrated to see many drivers not changing their habits to avoid distracted driving. BERNICE PONTANILLA/METRO

ensuring safety on the roads.

"We've seen it with seatbelt use, where the laws were initially introduced and there's a certain level of compliance, then people solely revert back to their old ways," he said.

"When the consequence of having demerit points was added, compliance rose to a high level and has remained there. The same pattern seems to be playing out with cellphone use while driving."



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1 NEWS



Calgarians began the flood cleanup in earnest Sunday as 65,000 residents were allowed access back into their homes to survey the damage. CANDICE WARD/FOR METRO

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metro
News worth sharing.

Calgary flood victims begin returning home

Surveying the damage.

City still working to restore power to 24,000 customers

 **JEREMY NOLAIIS**
Metro in Calgary

City of Calgary officials gave permission to 65,000 residents to return home Sunday and survey damage from flooding unlike any the city has seen in decades.

But some areas remained inaccessible, cut off by water that also damaged major landmarks, including the Pengrowth Saddledome and the Calgary Stampede grounds.

Mayor Naheed Nenshi en-

couraged employers in the core to only operate with “essential staff,” until at least mid-week.

It’s estimated as many as 100,000 residents were forced to leave their homes initially Thursday and Friday as water gushed into 25 communities.

Erosion had also wreaked havoc on storied communities like Inglewood and Bowness, where rushing water had carried whole pieces of road away. Canadian Forces members worked throughout the day Saturday to protect the area, including nearby homes.

Those same members were also tasked with attempting to save an electricity substation in the city’s southeast that Gianna Manes, CEO of utility provider Enmax, said had “become part of the Bow River.”

Quoted

“There are pockets of downtown where normalcy will not return for weeks.”

Calgary Mayor Naheed Nenshi

Sarah Harvey and Jan Gilroy were among the first people to return to Calgary’s Riverbend area after that community reopened Saturday afternoon.

“I was checking every five minutes,” Gilroy said. “I was just like, ‘Please let us go back to my house.’”

Estimates on damage had not even begun to be tabulated, officials said.

WITH FILES FROM ROBSON FLETCHER

Mandela. South Africa's president asks world to pray for national hero

Nelson Mandela's health has deteriorated and he is in critical condition, the South African government said Sunday.

The office of President Jacob Zuma said in a statement that he had visited the 94-year-old anti-apartheid leader at a hospital Sunday evening and was informed that Mandela's condition had become critical in the past 24 hours.

“The doctors are doing everything possible to get his condition to improve and are ensuring that (Mandela) is well looked after and is comfortable. He is in good hands,” Zuma said in the statement.

Zuma also met Graca Machel, Mandela's wife, at the hospital in Pretoria and discussed the former leader's condition, according to the statement. Zuma was accompanied on the visit by Cyril Ramaphosa, the deputy president of the country's ruling party, the African National Congress.

Mandela, who became South Africa's first black president after the end of apartheid in 1994, was hospitalized on June 8 for what the government said was a recurring lung infection.



Nelson Mandela
AFP/GETTY IMAGES/FILE

Zuma appealed to South Africans and the rest of the world to pray for Mandela, his family and the medical team that is attending to him.

Mandela was jailed for 27 years under white racist rule and was released in 1990. He then played a leading role in steering the divided country from the apartheid era to democracy, becoming South Africa's first black president in all-race elections in 1994.

As a result of his sacrifice and peacemaking efforts, he is seen by many around the world as a symbol of reconciliation. THE ASSOCIATED PRESS

Pakistan

Taliban gunmen kill 10 foreign mountaineers

Islamic militants disguised as policemen killed 10 foreign climbers and a Pakistani guide in a brazen overnight raid against their campsite at the base of one of the world's tallest mountains in northern Pakistan, officials said Sunday.

The Pakistani Taliban claimed responsibility for the attack at the base camp of Nanga Parbat, saying it was to avenge the death of their deputy leader in a U.S. drone strike last month.

The attack took place in an area that has largely been peaceful, hundreds of kilometres from the Taliban's major sanctuaries along the Afghan border. But the militant group has shown it has the ability to strike almost anywhere in the country.

The shooting — one of the worst attacks on foreigners in Pakistan in recent years — occurred in a part of the country that has seen little violence against tourists, although it has experienced attacks by radical Sunni Muslims on minority Shiites in recent years.

THE ASSOCIATED PRESS

U.S. Girl Scouts look on as the cookie crumbles

Opposing camps.

Fiscal trouble, declining membership and grass-roots dismay plague organization

Given the friction and financial woes facing the Girl Scouts south of the border these days, perhaps it's time for a giant friendship circle.

Just a year after its centennial celebrations, the Girl Scouts of the USA finds itself with problems including declining membership and revenues, a dearth of volunteers, rifts between leadership and grass-roots members, a pension plan with a \$347-million US deficit, and an uproar over efforts by many local councils to sell venerable summer camps.

The tangle of difficulties has prompted one congressman,



Anna Maria Chavez, CEO of Girl Scouts of the USA, left, supports the world's largest girl-led business during National Girl Scout Cookie Day on Feb. 8 in New York City. GETTY IMAGES FILE

Rep. Bruce Braley of Iowa, to request an inquiry by the House Ways and Means Committee into the pension liabilities and the sale of camps.

Compounding the problems are tensions at GSUSA headquarters in New York, where several senior executives have

Quoted

"I am worried that America's Girl Scouts are now selling cookies to fund pension plans instead of camping."

Rep. Bruce Braley, D-Iowa, in a letter last month to the chairman of the House Ways and Means committee.

quit or been ousted since Anna Maria Chavez took over as CEO in 2011. Last week, some of the roughly 325 employees there were invited to take early retirement, and Chavez said an unspecified number of layoffs are expected in August.

Chavez insists the GSUSA is on the right track, although she acknowledged that sweeping changes in structure and programs over the past 10 years have been difficult for many in the Scouts' extended family.

THE ASSOCIATED PRESS

Food production

Laval student links bee deaths to certain insecticide

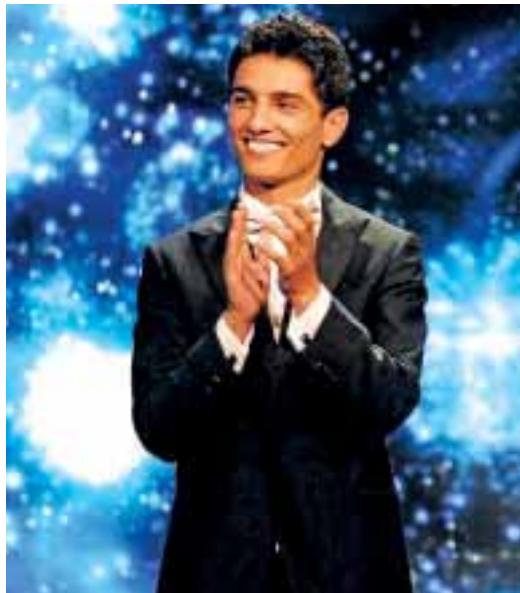
Seeding is over for this year on Canadian corn and soy farms, but research suggests the consequences on bees could last a long time.

Laval University master's student Olivier Samson-Robert collected data showing apiaries less than three kilometres from fields with insecticide-treated seeds had three times the mortality rate of other locations.

Samson-Robert aimed to put a figure on the decline in bee populations and determine how much of it was linked to neonicotinoid insecticides, one of the most widely used insecticides worldwide. He said 99 per cent of corn seeds and 50 per cent of soy seeds in Quebec are coated with it. Particles from the insecticide escape into the air when the seeds are planted.

Pollination is responsible for 70 per cent of cultivated plants, and for 35 per cent of humans' overall food consumption.

THE CANADIAN PRESS



Palestinian wins Arab Idol

Singer Mohammed Assaf is seen on the Arab Idol stage in Beirut, Lebanon, on Saturday night, when he became the first Palestinian to win the Arab world's version of American Idol. That set off wild celebrations across the Palestinian territories. After the victory, Palestinian President Mahmoud Abbas declared the singer an honorary ambassador. He was also named a youth ambassador by the UN's Relief and Works Agency, which serves Palestinian refugees across the Middle East. The agency runs the Khan Younis refugee camp in Gaza, where Assaf has lived since the age of four.

MBC GROUP/THE ASSOCIATED PRESS



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For further information on Project: HOME or to donate to this great cause visit

www.dasch.mb.ca

SIX WAYS TO BECOME A HOOD ORNAMENT

A couple of months ago I wrote a column called Six Ways to Kill a Cyclist that got a fair number of people upset.

Some thought I was offering an actual how-to guide to committing vehicular homicide (which I wasn't), some thought I was making fun of drivers (which I was) and some thought by using satire I was making it acceptable for drivers to run over cyclists and contributing to the overall downfall of society (which is ridiculous).

Fortunately, most readers understood it for what it was: a tongue-in-cheek reminder to drivers and city administrators on how to make streets a bit safer for their two-wheeled friends.

However, after witnessing countless near-misses over the past few weeks, it seems some cyclists don't want to be protected. So, for the benefit of those with a death wish, here's



URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

your own — completely farcical — guide to becoming a hood ornament.

1. Blow through stop signs and red lights. The easiest way to get hit by a car is to use the element of surprise. So keep your momentum up by not even slowing down at intersections and you can easily frighten drivers who foolishly think a green light gives them the right of way.

2. Take the sidewalk. Another effective way to launch a sneak attack on drivers is to ride along sidewalks. They can't see you, and they're not expecting anything as fast as a bike to be crossing a road, so it's easy to pop out when they least expect it. Boo! Bang!

3. Weave through traffic, or ride the wrong way down the street. Why limit yourself to the usual dangers in the right-hand lane when you can wind your way through traffic and give everyone a chance to hit you? As an

added bonus, you make all cyclists look like jerks, so maybe you'll drag a few more down with you!

4. Hug the curb. You don't have to be a kamikaze-style cyclist to put yourself at risk. Riding as close as possible to the curb is a great way to make yourself invisible to drivers, and to tempt them to squeeze by you as tightly as possible. You can also use this method to increase your odds of getting thrown off your bike by hitting a pothole or sewer grate.

5. Let your hair flow in the breeze. Hey, who needs a helmet when you've got a head as hard as yours, right?

6. Don't ride your bike. A very stealthy way to get yourself or someone else killed on a bike is to rarely ever use the thing. That way, cycling remains a fringe activity, never becomes a normal part of urban life and drivers and cyclists never figure out how to get along.

Now if anyone has complaints about this column, you can find me on my bike, wearing a helmet and an obnoxiously bright cycling jersey, stopped in the middle of the lane at a red light. I'll be hard to miss!

ZOOM

Flying bike idea gets off the ground

ET-like flying bike takes to the skies

It's a bird! It's a plane! No, it's a flying bicycle! British designers Yannick Read and John Foden have revealed their extraterrestrial-looking vehicle, the XploreAir Paravelo, a bike that transforms into an ultralight aircraft requiring no licence to fly and capable of reaching altitudes of up to 1,220 metres. METRO

Wheeeeeee!

- Speed & power.** Travels at 40 kilometres an hour in the air, for up to three hours at a time, powered by a biofuel 249cc motor and parachute.
- Design.** Foldable, tows a lightweight trailer carrying a powerful fan.
- Plans.** If it draws enough public support, it will go into full production and later go on sale for less than \$23,488.

It's economical, too

"Unlike a helicopter, you don't need a large hangar and bank balance to own a flying bicycle — you can store it in your apartment and it costs less than a car."

Yannick Read, co-designer at XploreAir
Read's previous invention was the "B.O.N.D." (Built of Notorious Deterrents) bicycle, a vehicle equipped with a flame thrower, caterpillar tracks and an ejector seat. It was built following a survey asking cyclists about their pet peeves.

John Foden, co-designer at XploreAir



JONATHAN HORDLE/REX FEATURES

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

If you're the type who eschews the summer reading list for a summer mobile-gaming list, the past few

weeks have been very good to you. Here are three games to chew up the hours while you're taking a break from the sun:

Badland:

Guide your flying fluffball through a beautifully designed interactive world that also happens to be relentlessly hostile. Scoop up power-ups along the way to survive a challenging mix of platforming and puzzle-solving, similar to Limbo. (iOS and Android: \$4.99)



you to weigh the pros and cons of going big guns blazing versus staying swift and nimble. (iOS and Android tablets: \$4.99)

Frozen Synapse:

A wildly addictive and challenging tactical strategy game that charges you with commanding a team of soldiers across a minimalist game board, using buildings and obstacles as cover. Find which of your soldiers complement each other best and surprise your multiplayer opponents with clever ambushes. (iPad: \$6.99)



Twitter

RE: Floods ravage southern Alberta, published June 21

@WestJet: We've asked WestJetters to match our @redcrosscanada

donation and encourage all CDNs to do the same: <http://fly.ws/17wjrab>

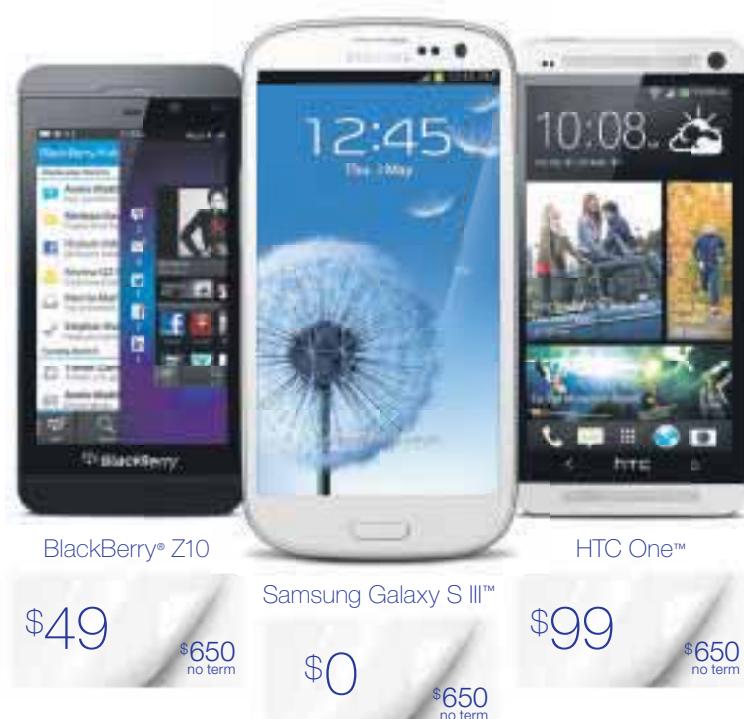
@singhphoto: Disgusting to hear some businesses charging \$20 for a bag of ice or \$45 for a case of water!

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How to get your undead fix

World War Z. Zombies have captured our imagination for years — here are a few suggestions on how to enjoy these infamous brain eaters

 **NED EHRBAR**
Metro World News in Hollywood

It's rarely a good sign when reports of trouble behind the scenes of your mega-budget film eclipse the movie's marketing, but that's what has been going on with *World War Z* for the better part of a year now, with everything from script problems to massive rewrites to strife between star Brad Pitt and director Marc Forster nabbing headlines. None of this suggests good news when it comes to the film itself. If you're not feeling too confident about seeing the new zombie flick either, here are some alternatives to get your undead fix.

Go read a book

After being worked on by a who's who of Hollywood screenwriters, the film *World War Z* strays pretty far from the book that inspired it. Why not curl up with Max Brooks' original and envision some worldwide zombie terror with your own imagination?

Go for a classic

There are plenty of sub-par zombie movies out there, so instead of taking the risk of seeing yet another, why not revisit something more dependable? In keeping with the fast-moving brain-munchers of *World War Z*, we



Get your zombie fix by catching up on the latest season of *The Walking Dead*. HANDOUT

recommend Danny Boyle's chilling *28 Days Later* or Will Smith's take on *I Am Legend*. Of course, there's always Lucio Fulci's unintentionally hilarious Caribbean-set *Zombie* from 1979, which features a zombie-versus-shark battle that has to be seen to be believed.

Go gaming

The latest season of *The Walking Dead* might be over, but there's plenty more — and, arguably, better — action to be had in the impressively sprawling, award-winning video game version. But don't expect to walk around as an Andrew Lincoln avatar or anything, as the game is based more on the comic book that inspired the show and uses completely new characters —



28 Days Later is a pretty dependable zombie flick. HANDOUT

though you may come across some familiar faces.

Get on Netflix

Maybe you haven't actually caught up on *The Walking*

Dead, in which case good news: The entire series is available for streaming on Netflix. On the film side, you can also stream the zombie thriller *Let Me In*, which is

Box office

Monsters beat out zombies

Disney's *Monsters University* is the weekend box-office winner, according to studio estimates released Sunday. The animated family film, a prequel to *Monsters Inc.*, debuted in first place with \$82 million. It beat out Paramount's Brad Pitt zombie romp *World War Z*, which opened in second place with \$66 million.

THE ASSOCIATED PRESS

the American remake of the stellar Swedish flick *Let the Right One In*.

Go indie

Writer/director/star Jeremy Gardner made the *Battery*, an impressively original zombie flick, on a budget of \$6,000 — but you can hardly tell. Consider it the antithesis to the bloated *World War Z*. The indie gem has been collecting awards and accolades around the world on the festival circuit and is now available to rent or own online. Find out more at thebatterymovie.com.

Go to the movies

Instead of the zombie apocalypse, how about just the good old-fashioned actual apocalypse? This Is The End is still going strong at the box office and may be the funniest thing in theatres. And Jonah Hill turns into something sort of resembling a zombie at some point. Plus, it's got cannibals, well-endowed demons and Emma Watson with an axe. How is Brad Pitt supposed to compete?

Can't get no satisfaction? Tune in to CTV

Want Satisfaction? If so, be sure to watch CTV this summer. *Satisfaction*, a half hour comedy about three roommates navigating the world of romance, friendship and heartache, begins airing Monday at 8 p.m. ET/PT. Metro spoke to the three stars of the show and asked them to reveal what really satisfies them.

Luke Macfarlane

The thing that brings me the most satisfaction in my life is building things. Whether

it's building something out of wood in my workshop or collaborating with the many people it takes to build an episode. There is nothing more satisfying than seeing the efforts of your labour.

Leah Renee

Spending time with my dogs, Bogey and Brigitte for one. Dogs really are a girl's best friend, and there's nothing like a good cuddle session with them. Then, cooking while listening to some good music and having a big glass

of wine is also pretty perfect. All that being said, I've gotta be honest, waking up every day and going to my dream job is pretty amazing.

Ryan Belleville

Here's what satisfies me. Professionally, it's making people laugh. Nothing distracts us more from the hardest moments of life than a good laugh. It is very satisfying to give the gift of laughter to someone who needs it.

METRO



These actors get lots of satisfaction out of life. HANDOUT

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Forget zombies, it's the attack of the lizard people



STARGAZING
Malene Arpe
scene@metronews.ca

Brad Pitt says World War Z is "the most intense thing you're gonna see all summer." Oh, I don't know about that. Alcide eating someone's arm on last week's True Blood was pretty arghhhh.

Kim and Kanye reportedly name their baby North West. The Northwest Territories, Oliver North, North By Northwest, WestJet, North Korea and the West Nile Virus plan a

class action suit. Kris Jenner, meanwhile, refers to the child as Kompass.

Ryan Reynolds drops out of the Highlander remake. That's really too bad. We were all looking forward to Connor MacLeod of the clan MacSmartass.

Jennifer Lopez joins 33, the dramatic movie about the trapped Chilean miners. "Oh," Jennifer said, "My mistake. I thought it was a movie about famous, beautiful people who are 33. Just like I am. Ooops."

Nigella Lawson's husband, who was photographed choking her, says it was "just a playful tiff." That's plausible. And the swift kick that should be aimed at his crotch is what I would describe as "a gentle kerfuffle."

Leslie Gold of the show Hardcore Pawn

says he would buy Kim Kardashian's baby's dirty diapers. "That's so disgusting," says Kris Jenner. "What in the world is wrong with you? We wouldn't sell that ... unless you also buy the umbilical cord."

Don Ed Hardy says that Jon Gosselin's endorsement killed the Ed Hardy brand. There were, of course, many other contributing factors, such as severely decreased spending power, a demographic shift and ugly.

A member of Whitby Town Council in England says he's regularly abducted by lizard people and has fathered an alien baby but it's no big deal and he just wants to fix potholes. "Why can't we have that kind of politician?" asks everyone in Montreal and Toronto.

Twitter



@Sethrogen
Just flew from Australia to London, which I think is as far as you can travel on earth before you're heading back to where you started.



@ElizabethHurley
Yes- I am putting off packing and learning lines by tweeting nonsense.

• • • •



Justin Bieber ALL PHOTOS: GETTY IMAGES

Fast and furious: Bieber's neighbours mad at star's reckless driving

Justin Bieber's neighbours are so fed up with he and his friends' reckless driving in their gated Calabasas, Calif., community that they've asked the police to intervene, according to E! News. There's also been an emergency Homeowner's Association meeting planned to address the issue. "It has been escalating for the past six

months. He has begun to flip over to a really dark side," a neighbour says of Bieber's "aggressive, reckless" behaviour. "They have sent him warnings. He's out of control. Everyone has a Bieber white Ferrari story. God forbid someone gets hurt by that car. He just feels like he is above the law." There are apparently some laws he's not

above, though, as Bieber once again found his age to be an obstacle to having a good time. The 19-year-old reportedly requested an invitation to the Miami Heat's victory bash last week at a South Beach nightclub but was turned down by both the club management and the team because he is under 21, sources say.

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Learn to save

Pros and cons of paying allowance

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The paying of an allowance is a personal choice. To help you figure out where you come down in the debate,

here's a handy list of pros and cons.

Pros

- Kids learn about the real-world concept of "work for money." The sooner they understand this dynamic, the better.
- Kids have the opportunity to save their own money toward the purchase of things they want but you don't want to buy.
- You can easily bribe them to clean up their rooms, clear

the table, do some vacuuming and maybe even fetch a glass of wine every now and again.

Cons

- The concept of contributing labour simply because they are a member of a functioning family is lost.
- Every chore in the house soon has a dollar amount attached to it.
- They might save their money and spend it on items you think are frivolous (at

best) or dangerous (at worst).

Where do I land on this? Well, as the boss of my family, I believe in paying allowance. I know this is how the real world works, and I know that kids under the age of 14 can't earn good money working outside the home.* (*Legally. But check around. You never know.)

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

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"Elmo's Song" is driving Mommy to drink. Read more (mis)adventures of parenthood with Reasons Mommy Drinks online at metronews.ca/voices



No diaper? No problem, with EC

Toilet training.

The new parenting trend is "elimination communication." What is it and how can you implement it at home?

DOROTHY ROBINSON

Metro World News in NYC

It seems impossible: A baby — many times not much older than newly born — goes to the bathroom directly into the toilet and not a diaper. Devotees of "elimination communication" (EC) say that it can happen.

Christine Gross-Loh has been preaching this alternative to toilet training for years; her book, *The Diaper Free Baby*, has been the instruction manual for EC devotees since it was published in 2007. Here she gives advice on being number one in the "number two" business.

How is EC different from regular toilet training?

The most basic difference is that you start EC earlier, before a child has become so used to eliminating in diapers that potty training is a whole

new transition he has to get used to (and may be resistant to).

Babies are born with this awareness of elimination, but as they become used to eliminating in a diaper all the time, they lose that awareness — and have to work on becoming aware again when they reach the age of conventional toilet training. EC-ed children are often out of diapers completely at or before the age when most children are just beginning to embark on potty training.

What advice do you have for working parents who live in cities who may want to try EC?

EC can be done during the evening or on weekends. Even if you are at home with your baby full-time, you may not be doing EC full-time. It's easy to have some diaper-free time during the evening, or sit your baby on the potty before and after his bath. Doing EC does not mean you have to ditch diapers completely.

What are some drawbacks to EC? Benefits?

It's hard to do anything when it's not a cultural norm — you may get less support and less information. Informa-

tion about EC — about typical stages, about the logistics — is really key. Luckily, the information and support is out there as more and more parents do EC. And there are so many great reasons to give it a try: There are communication benefits (you learn to read your baby just as you learn how to figure out when he is hungry or sleepy), environmental and economic benefits (you go through fewer diapers) and health benefits (less diaper rash).

Finally, you are not relying on diapers so much that your child becomes reluctant to let go of them, a problem that some parents face when doing conventional toilet training.

Why do you think EC has taken off in recent years?

I think it's because there are so many parents out there who know more about the world around us. They know that in cultures around the world, it's not at all the norm for a baby older than one to be in a diaper.

When you know that this isn't a universal thing, it makes you feel more open to understanding why and how this is, and to realizing there are some viable lessons here for us.



Looking for a new alternative to toilet training? iSTOCK IMAGES



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I get by with a little help from my co-workers

The task of the ask.

Inquiring with others when you're unsure at the office should never bring you shame

ASHLEY
MILNE-TYTE
Metro World News

Most of us don't like asking for help at work, even when we're overwhelmed. We fear it makes us look weak. In fact, it can bring huge benefits.

Last year I was interviewing a successful small business owner when she mentioned one thing that had initially held her back: feeling she had to do everything herself and do it perfectly. But she soon realized her male counterparts were asking other entrepreneurs for help and advice all the time, and that this actually played a significant part in their success.

She let her guard down and began following in their footsteps. She now advises all of the women she mentors to do the same.

I spoke to leadership coach Henna Inam about a few of the reasons why women in particular are so squeamish about asking for help.

I hate bothering people

To turn this perception around, think instead about how you'd feel if someone asked you for help or advice. Most of us, Inam points out, would feel flat-



Feeling overwhelmed at work? Ask for help. iSTOCK

tered in that situation: "The ego feels good. You're able

to give someone something they need and want." So don't hold back.

Fear of rejection

Why not ask for help?

- We tend to take "no" very personally. We need to take a step back and realize it's not always about us. "If we decide not to take it personally, the way we ask becomes different," Inam says.

It makes me look like I can't do it myself

There are two sides to this one. First, there's you grappling with your own ego, the stubborn inner child that insists you don't need help to achieve this thing. That's easily dealt with — just tell the child to pipe down. Less easy, as I put it to Inam, is dealing with the fact that surely some colleagues or managers ac-

tually will see you as weak if you ask for help. She admits that there is no good answer to this question. Yes, maybe they will. But she is against the idea of women living their lives in fear of what someone else may think about them.

"If (never asking for help) becomes an unconscious habit, that's when it becomes dangerous," she says.

In other words, by all means be judicious about who and when you ask — but if you need help, ask.

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Of meetings and melting. Help your employees beat the heat this summer

Are you working in an environment without air conditioning this summer? Indoor or outdoor work conditions can pose a hazard to employees in the intense heat, so here are a few precautions any company can take to provide relief:

Outdoor work conditions

- One frequently overlooked summer risk is sunburns, but providing sunblock for your employees is a quick and easy way to provide them with some comfort and peace of mind on blazing days.

- Keep your workers hydrated. Ensure there is plenty of bottled water on-hand for all workers, both inside and out.

- Aside from water, sport drinks and nutrient replacement drinks can help replenish the body's lost electrolytes.

- Provide breaks for workers to take a rest and have a snack or drink. In the summer heat, it is very easy to lose focus when dehydration



Quenching thirst often leads to constructive behaviour. ISTOCK

sets in, and in outdoor settings such as construction, maintaining a high degree of focus is important to everyone's safety.

- Ensure there is access to shade. Whether it's a small sport shade, a tent or a nearby air conditioned area, make sure workers can get a break from the relentless sun on

very hot days.

Indoor work conditions
Stock up on supplies. Companies such as Staples Advantage Canada suggest summertime necessities such as sport drinks, bottled water, and even first aid kits. Your employees are worth protecting all year round, they say.

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This potato salad is the cream of side dishes



BBQ potato salad with crispy red onions. THE CANADIAN PRESS

This rich and creamy potato salad can be served warm or cold. The crispy red onions add a unique touch to this summer staple.

1. Heat oven to 200 C (400 F).

2. Place potatoes horizontally on cutting board and slice

vertically into 1-cm (1/2-inch) thick slices. Brush with 15 ml (1 tbsp) of the olive oil; season with salt and pepper.

3. Place in a single layer on a non-stick baking sheet; bake for 20 minutes.

4. Remove sweet potatoes to

a plate. Return baking sheet (with remaining potato slices) to oven; continue baking for 5 minutes or until just tender.

5. Heat barbecue to medium-high heat. Brush potatoes with remaining olive oil. Grill on greased grill for 3 to 4 minutes per side or until grill marks appear. Let cool.

6. In a large bowl, whip cream until soft peaks form; stir in mayonnaise. In a small bowl, combine dill, mustard, lemon zest, sugar, parsley, thyme, cayenne and garlic; fold into cream mixture. Stir in potatoes; toss gently to coat. Serve with crispy onions on top.

Crispy onions

Slice onion in half and cut into fine slices. In a bowl, toss onion with flour; shake off excess. In a large skillet, add enough oil to coat entire skillet and heat on medium heat. Add onion and cook in batches until golden, adding

Ingredients

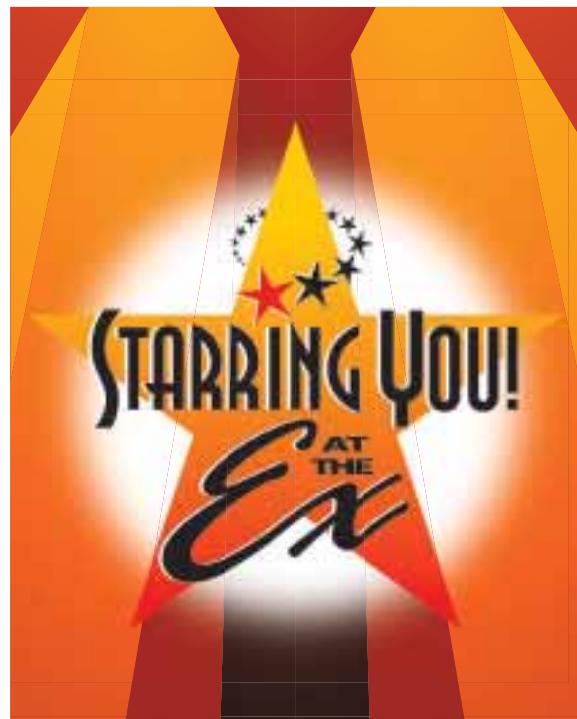
- 1 each sweet potato, yellow-fleshed and purple or red potato (each about 250 g/1/2 lb)
- 30 ml (2 tbsp) olive oil, divided
- Salt and fresh cracked black pepper, to taste
- 125 ml (1/2 cup) 35 per cent whipping cream
- 50 ml (1/4 cup) mayonnaise
- 22 ml (1 1/2 tbsp) chopped fresh dill
- 15 ml (1 tbsp) whole grain mustard
- 15 ml (1 tbsp) grated lemon zest
- 5 ml (1 tsp) brown sugar
- 5 ml (1 tsp) each chopped fresh parsley and thyme leaves
- 2 ml (1/2 tsp) cayenne
- 1 clove garlic, minced

Crispy Red Onions:

- 1 red onion, peeled
- 30 ml (2 tbsp) all-purpose flour
- 125 ml (1/2 cup) vegetable oil (approx)

• 1 green onion, chopped

more oil if necessary. Remove to paper towels. Divide potato salad among serving plates. Top with crispy onions and green onion. THE CANADIAN PRESS/
CHEF DEVAN RAJKUMAR



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Top skaters hobbled in crawl to Stanley Cup

NHL playoffs. Health statuses of Chicago's Toews and Boston's Bergeron loom over Game 6

Jonathan Toews means everything to the Chicago Blackhawks, and Patrice Bergeron is the same to the Boston Bruins. This has been a classic Stanley Cup final in large part because those players have put in peak performances.

Toews and Bergeron left Game 5 with injuries and it's uncertain if either will play in Game 6 on Monday night in Boston. If they aren't able to, or do at less than 100 per cent, it changes the dynamic of the series as the Blackhawks are one win away from celebrating another championship.

"Both great players. I think any coach in the league, any player in the league would like to have those guys on their team," Chicago left-winger Patrick Sharp said.

Looking at the production on the ice, it's probable that no two players have had a bigger influence on the cup final than Toews and Bergeron. Coach Joel Quenneville's reuniting of Toews and Patrick Kane might have been exactly what the Blackhawks needed to cure their offensive woes, while Bergeron is as consistent an all-around performer as anyone will find in the NHL.

"He does everything right, basically," Bruins left-winger Brad Marchand said. "He's such a great face-off guy.... He's very tough to play against defen-



Chicago captain Jonathan Toews, left, and Bruins centre Patrice Bergeron are battling injuries heading into Game 6 of the Stanley Cup final on Monday night in Boston. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

sively, and he's been doing a very good job at playing against their top guys."

Boston coach Claude Julien called Bergeron day-to-day with a "body" injury. Quenneville said the Blackhawks were "optimistic" that Toews would play in Game 6.

THE CANADIAN PRESS

Boychuk avoids ban

There was no sanction Sunday after the big hit by Bruins defenceman Johnny Boychuk on Chicago captain Jonathan Toews in Game 5.

- "There wasn't a penalty on the play, and it was one of those hits in a tight area in front of the net," Blackhawks coach Joel Quenneville said.

MLB

Jays roll to team-record-tying 11th straight victory

Edwin Encarnacion and Colby Rasmus homered while Josh Johnson earned his first win of the season as the Toronto Blue Jays defeated the Baltimore Orioles 13-5 on Sunday to tie a franchise record with their 11th straight victory.

Jose Bautista put the game out of reach with a bases-clearing double in the seventh inning to the delight of the sellout crowd of 45,214 on a hot, sunny afternoon at Rogers Centre.

Toronto (38-36) moved two games over the .500 mark by completing the three-game sweep. Johnson, who pitched into the seventh inning, had plenty of early run support as the Blue Jays put nine runs on the board in the first three frames.

THE CANADIAN PRESS

NHL

Maple Leafs look to La-La Land for help in the crease

The Toronto Maple Leafs looked to end their goal-tending questions Sunday by trading for goalie Jonathan Bernier.

Bernier, stuck behind Jonathan Quick with the Los Angeles Kings, wanted to play more. The Leafs, according to GM Dave Nonis, were interested in upgrades at any position.

Toronto gave up forward Matt Frattin, backup goaltender Ben Scrivens and a second-round pick in either the 2014 or 2015 NHL Entry Draft.

THE CANADIAN PRESS

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Horoscopes

Aries

March 21 - April 20

By all means take advice from your friends but don't let anyone dissuade you from following your chosen course of action. If in doubt, listen to your inner voice.

Taurus

April 21 - May 20

Try not to give in to feelings of self-pity today or it may color your entire week — in shades of dismal gray! You may be under pressure at the moment but you are tough enough to take it.

Gemini

May 22 - June 21

Someone you think of as a friend is planning to get rich at your expense, so err on the side of caution in all partnership matters. Just because they were honest yesterday does not mean they will be honest today.

Cancer

June 22 - July 23

It is too late to change the outcome of a long-running drama. All you can do is let fate take its course and trust that it will all work out fine in the end.

Leo

July 24 - Aug. 23

If you want a peaceful life over the next few days you are advised to keep your opinions to yourself. That applies both to what you think about the state of the world and to other people's private affairs.

Virgo

Aug. 24 - Sept. 23

You will have to make a few sacrifices this week, but it's really no big deal. In fact you will rather enjoy putting yourself out for other people's benefit.

Libra

Sept. 24 - Oct. 23

There are so many changes going on at the moment that it may be a bit bewildering. In time, of course, everything will become clear but for now you are advised not worry about the future.

Scorpio

Oct. 24 - Nov. 22

Are you thinking for yourself or are you following a fad just because everyone else is? It may be the latter and that is something you need to watch. There is no such thing as a "correct" opinion.

Sagittarius

Nov. 23 - Dec. 21

You may be thinking of giving up on something that is not working out for you. Don't! Everything will change over the next few days and it's quite likely you will begin to make progress.

Capricorn

Dec. 22 - Jan. 20

Other people may be telling you that you need to make changes but your solar chart says they are wrong. You are on the path you are supposed to be on.

Aquarius

Jan. 21 - Feb. 19

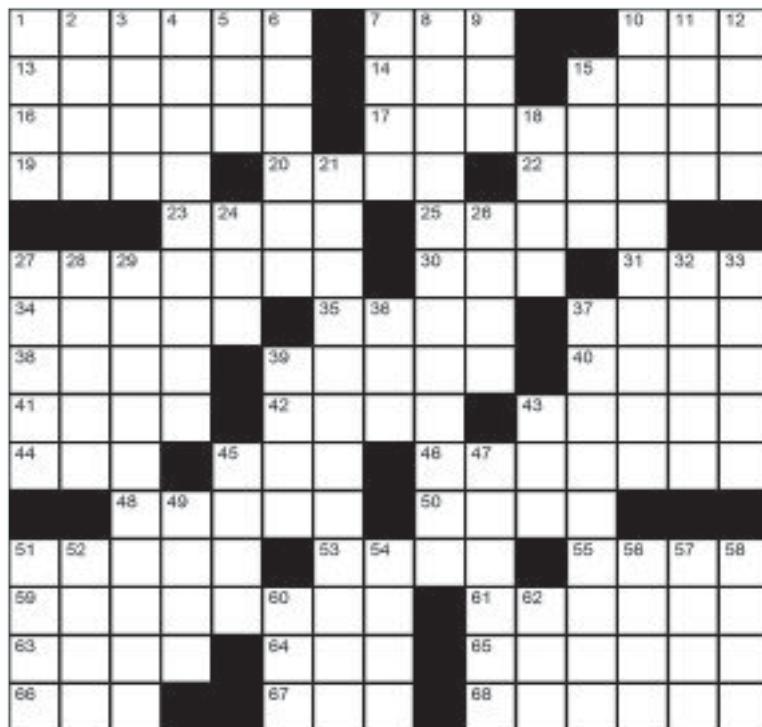
If your inner voice tells you to be careful you must listen to it. Cosmic activity in some of the more sensitive areas of your chart warns you are up against serious forces.

Pisces

Feb. 20 - March 20

You are on the right track, of that there is no doubt. So why the persistent feeling that something is about to go wrong? Whatever the reason you've got to get past it. Great things await you. **SALLY BROMPTON**

Crossword: Canada Across and Down



Across

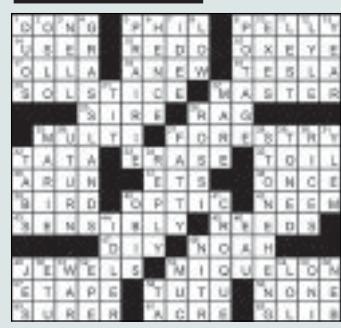
1. The Ikea parking lot monkey
7. Belonging to Vancouver's prov.
10. "Casablanca" (1942) setting [abbr.]
13. Enthusiastic response to "Who wants ice cream?": 4 wds.
14. Baby ___ (A.A. Milne character)
15. Largest union in the country [acronym]
16. Formed groups, ___ up
17. NWT's ___ Gulf (Named after Norwegian explorer Roald)
19. Alice's portrayer on "The Brady Bunch", ___. Davis
20. Goblet part
22. Skirt style
23. Diet ads word
25. Spherical
27. Select a politician: 2 wds.
30. Greek alphabet letters
31. Car fuel
34. Opinionated newspaper columns
35. "Dirty Jobs" host, Mike ___
37. Mr. Walesa (Former leader of Poland)
38. De ___ Robert
39. Bobby-__ (1940s teen)
40. Opposing
41. "Rats!" ...less swearing-sounding brand
42. ___ Little Tenderness" by Otis Redding
43. Computers: ___ - ___
44. Actress Ms. Irving
45. Not in, Bob & Doug style
46. Attorneys
48. Mr. Hill of movies
50. Heartburn relief
51. ___ rate
53. Industrial region of Germany
54. 'Noon' in Montreal
55. Shawnee chief (b.1768 - d.1813)
61. Detestable
63. Some trees
64. Universal ideal
65. Decayed

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

11. Frank
12. Actor Mr. Auber-jonois
15. Caesar's 451
18. Catches
21. Reason a CF-18 might be dispatched: 2 wds.
24. Suppositions
26. Repenter
27. Small town in Saskatchewan near Saskatoon
28. Poppy product
29. Winnipeg-born singer of "Seasons in the Sun": 2 wds.
32. Thespian
33. Construction wedges
36. ___ Power Degreaser (Palmolive dishwashing liquid)
37. Pamela Anderson's birthplace in British Columbia
39. Ancient colonnade
43. Uniquely-spelled mountain basin
45. Suffix meaning 'word'
47. Town in Ontario's York Region
49. Encumbrance
51. Speck
52. Sad droplet
54. "Here comes trouble!": 2 wds.
56. 9th Greek letter
57. Union payments
58. Not is
60. Toronto thoroughfare, Queen ___ .
62. Arfer!

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	2	3	4	5	6	7	8	9
2	6	4	7	1	3	5	8	9
8								
9	1	3	6	5	2	4	7	8
5	8	4	2	1	7	6	3	9
2								
4	9	3	8	5	6	2	1	7
3	7	2	8	3	4	6	5	1
6	5	7	9	2	1	4	8	3

Weather

TODAY



MAX: 26°
MIN: 16°

TUESDAY



MAX: 25°
MIN: 17°

WEDNESDAY



MAX: 27°
MIN: 17°

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